



Yoga4Sobriety

Monday

5:30 PM ET
Drop the Rock
Group
FREE

7:00 PM ET
ALL LEVEL
Rotating
Teachers
FREE

Tuesday

11:00 AM ET
RESTORE
Heather

5:30 PM ET
ALL LEVEL
Robert

7:00 PM ET
One Breath at
a Time Group
Robert
FREE

Wednesday

11:00 AM ET
CHAIR
(45 Minutes)
Dorothy

12:00 PM ET
WOMENS GROUP
Practicing the Here
and Now
FREE

5:30 PM ET
MEDITATION
Tanya

7:00 PM ET
SLOW FLOW
Helena

Thursday

5:30 PM ET
ALL LEVEL
Gwen

Saturday

8:30 AM ET
FITNESS4SOBRIETY
Elina

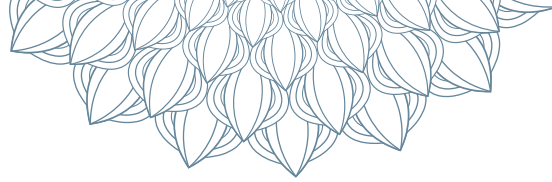
12:00 PM ET
*CHAIR
Elina
FREE

LOGIN FOR ZOOM
Meeting ID: 874 9268 9781
Password: JOINUS

*Saturday Chair
Meeting ID: 959 899 63815
Password: 910202

Yoga4Sobriety, LLC recommends that you consult your physician regarding the applicability of any recommendations and follow all safety instructions before beginning any exercise program. When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself.





Yoga4Sobriety

PAY WHAT YOU CAN, PAY WHEN YOU CAN, PAY IF YOU CAN

Suggested amounts \$6 or \$12

Pay a teacher by the day or by the month or whatever works well for you.

Teachers Venmo Accounts

Dorothy - @Dorothy-Blindenbacher

Tanya - @Tanya-Dmytrow

Helena - @Helena-Barani

Elina - @Elina-Hernandez-1

Gwen - @Gwen-Rebbeck

Robert - @RobG1923

Heather - @Heather-BarnaDowling

Twelve Step Themed Chakra Balancing Yoga Classes

- **All Level** - This class consists of seated, kneeling, and standing postures. We will focus on stretching, strengthening, breathwork, and meditation.
- **Restore** - A gentle Yoga4Sobriety class with some restorative stretching and meditation
- **Meditation4Sobriety** - This session includes education on the chakra and the steps, a chakra step focused meditation and journaling.
- **Fitness4Sobriety** - The first half of this class is a chakra-focused fitness followed by an all-level Yoga4Sobriety practice.
- **Slow Flow** - A slow-paced vinyasa practice with all the Yoga4Sobriety goodies.
- **Chair** - All poses are done in the chair or using the chair as a prop.

Twelve Step Read and Share Community Lead Groups

- **Drop the Rock** - This book is a study of Steps Six and Seven. You will need the book Drop the Rock by Bill P & Todd W & Sara S.
- **One Breath at a Time** - This book is a study of Buddhism and the Twelve Steps. You will need the book One Breath at a Time by Kevin Griffin
- **Practicing the Here and Now** - This book is a study of using prayer and meditation to work all the steps. You will need the book Practicing the Here and now, Being Intentional with Step 11 by Herb K.

*Sponsored by CSPNJ

